

“Civilian Health Program”



This program offers DOD civilians a chance to improve their health during the work day. It requires approval from your supervisor and a medical clearance from your physician. It allows you to be away from your job without being charged leave.

The time allowed may be used for the following programs:

- Tobacco Cessation Classes
- Nutrition Classes
- Stress Management or Spiritual Fitness Classes
- Physical Exercise Training Program
- Substance Abuse Awareness Class

For information or to enroll in the Civilian Health Program call, (502) 624-WELL (9355).



Health & Wellness Center
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FORT KNOX, KY 40121
502-624-WELL (9355)